

## MY MASTERPLAN

Why Masterchef judge is going back to basics in Bermondsey **P63**

Medical charity brings tech focus to Silvertown

# Wellcome joins bid to revive dock site

Rob.Virtue  
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**M**ulti-billion pound medical charity Wellcome Trust has entered the bidding to develop wasteland at Silvertown Quays in a huge regeneration project which has been stalled for four years.

The London Development Agency is due to make a decision on the competition, which is between three shortlisted applicants, in the next couple of weeks.

Wellcome revealed it had joined Berkeley Group, one of the bidders, to form a consortium.

According to trade journal *Property Week*, the duo submitted an application designed by Lord Rogers of a residential scheme with medical research facilities.

It added the second shortlisted applicant, Chelsfield Partners, was focusing on a commercial-led development with a Tech City focus – stemming from the Government's backing of an extension of the creative industries of Shoreditch and Old Street to spur regeneration.

Neither consortium, nor the third bidder Delancey, would comment on the proposals. However, the LDA said it hoped that a decision would be made in the week beginning March 5.

Development for the site was given planning approval by Newham Council in 2007, with consent for 4,500 homes and an aquarium.

However, the scheme was stalled due to the economic downturn.

**Continued on Page 3**



## Mad about the accent

**MAD Men** star Christina Hendricks is to play a cockney in a new movie which is due to begin filming in east London this month.

The actress has landed a role in independent film-maker Sally Potter's new production *Bomb* and has spoken about getting to grips with the accent for the

film, which is set in the '60s and focuses on the disarmament movement.

She said: "I have to play an east London girl so I have hooked up with a voice coach."

"You British always know when someone gets an accent wrong so I am determined to get it right."

## Inside



## IS IT TIME TO TRADE UP?

Check out our 8-page Careers supplement for a chance to stand out



## WEDDING SPECIAL

Our step-by-step guide to bringing together your celebrations **P60-62**

## Hoy joy

Sir Chris strikes gold in Stratford **P71**



**COMPETITION** Seeking The Wharf / DLR Young Journalist of the Year **P10**



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## WEATHER

**15C TODAY**  
Cloudy

**14C FRIDAY**  
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**11C SATURDAY**  
Cloudy

**12C SUNDAY**  
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**11C MONDAY**  
Showers

# Agenda



## TRAVEL

**TUBE & DLR**  
DLR and Jubilee line are both fine.

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# Bringing a shine to the nation's slippers

The shoe shine guys in Canada Place offer an Ugg cleaning service. For not wholly inexplicable reasons, possibly rooted in my dislike of these Ugg-ly sheepskin boots, this fills me with much mirth. I want to stand opposite the chairs and scream at any wearers of these squishy shoes who approach: "They're slippers! Of course your slippers will get dirty if you wear them outside you ninny!"

In other news: you will get wet if you go out in the rain without a coat, and bears have been seen carrying Andrex into areas heavy with trees. I imagine footballers' wives in Juicy Couture tracksuits, hair in rollers,

## BLONDE'S EYE VIEW



ANGELA CLARKE

reading *Heat* magazine, sat in the shoe shine chairs having their Uggs buffed.

What brilliant entertainment that would be for an otherwise dull lunch break. The estate should install pop-ups of dingbats doing daft things for each working day: on Tuesday suited men will be slipping on banana skins near Pret, and on Wednesday, outside Waitrose, we will be hitting bankers in the face with custard pies. It would seriously raise morale.

What do the shoe shine team do with the Uggs? Pull them from the Wag's feet and bung them in the nearest washing machine? A bit of spit and polish is not going to make

much difference to boots constructed from wads of sheep's wool.

"Would you like these sprayed with weather protector Madam, or perhaps I could suggest buying some proper shoes? I hear wellies are rather nice at this time of year."

For a shoe shine company founded on buffing the hard brogues of the City, providing an Ugg service seems incongruous. Are there limits to what these entrepreneurial shiners will burnish? Laptops, bald heads, guinea pigs? "Let me just polish Bubble and Squeak there, Miss, and then they'll be perfect for your next meeting."

Dear Canary Wharf, please schedule that for Friday lunchtime.

## Reuters' view



France's President Nicolas Sarkozy, right, and Prime Minister David Cameron attend a news conference during a summit at the Elysee Palace in Paris.

A week  
in photos  
Page 66

## What our writers are talking about

The power resides with the executive, which is why the executive should be accountable.  
**Giles Broadbent**

In a bolt out of the blue, my boss passed over one of her "valued" clients to me.  
**Tabitha Ronson**

The key questions are all about who you can trust, and who will speak up best for London.  
**John Biggs**

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## 60 Second Wharf

### Feedback over plans

The public is getting a chance to comment on plans for a new 40,000-seater venue in Greenwich.

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### Under the spotlight

A film producer is offering wannabe stars the chance to immerse themselves in their craft.

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### Cable car deal attacked

The London Assembly has criticised Transport for London for its handling of the cable car sponsorship.

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### Unearthing new talent

A new tunnelling academy suppling Crossrail aims to leave a legacy of skills and job opportunities.

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### Bitter pill for Tate

Tate and Lyle in Silvertown could lose 30 jobs because of stringent EU tariffs on sugar imports.

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### A sympathetic ear

Prince Charles came to Newham to talk to young people about their difficulties finding work.

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### Small screen superstar

YouTube superstar Adam Kay tells us about his move from viral to live performances.

What's On / Page 10

### New angle on play

A new version of *Waiting For Godot* at The Albany will find new meaning in the play, says its director.

What's On / Page 12



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# No sneezing, sudden moves or door slams



**Rob.Virtue**  
@wharf.co.uk

**A**rmed with 1,008 decks of cards Bryan Berg is bringing the Houses of Parliament to Aspers casino in Westfield Stratford City.

The champion cardstacker, who doesn't use glue or tape, has come from America to build the masterpiece in a week.

The 37-year-old is the world record holder for building structures out of playing cards, beating a previous high of 12ft when he was 17. He has gone on to reach 26ft over the years.

He has travelled the world creating models such as Cinderella's Castle for Disney and the Bird's Nest stadium in Beijing.

"There's always limitations," he said. "Normally time. Or ceilings. I never have enough time or space. I have to plan

**W** What qualities do you need?

"You just need a bit of determination. It's like riding a bike."

**Bryan Berg**

how do you make the best representation in the time allotted."

Bryan, who grew up in the Mid-West took up cardstacking after watching his grandfather build houses between games.

He has a masters degree in architecture but said cardstacking was easy to learn.

"You'd be surprised how many people can pick it up," he said. "You just need a bit of determination. It's like riding a bike. Once you've figured out how to balance, the training wheels come off and it's easy."

Bryan was due to finish his latest creation yesterday, before the demolition takes place on Monday.

The model has been placed in a glass cabinet to protect it from a fate that befell a previous structure in 2004 while preparing for the Ellen DeGeneres show.

"I was building the model over the weekend," he said. "But they've got freakishly strong air conditioning to counter the amount of lights they need."

"So on the Monday morning at 4am it all happened. Nobody told me so I had to look at the time-lapse camera to see how it all fell down. You see a whoosh of air. 'It's not the end of the world when it happens. I've been quite lucky. I'm sure my time is due.'"

Sky Poker invited Bryan to Aspers to promote its online product.

Go to [skypoker.com](http://skypoker.com).



**Bryan Berg, 37, building the Houses of Parliament**

## Planning Virginia Quay bid delayed a month

PLANS for a residential building at Virginia Quay will be reassessed by London Thames Gateway Development Corporation next month.

The 12-storey proposal by Cube Developments has attracted a 650-strong petition against the building.

This month, the LTGDC's planning committee deferred making a decision on the plans to seek legal advice on whether there were grounds for refusal.

The committee is due to rule on the plans in the next meeting, which is scheduled for March 8.

## Politics

### Fear over borough link to poll fraud

FEARS of voting fraud have been identified in Tower Hamlets in the run-up to the London Mayor elections.

It came after an investigation into the council's Town Hall records, which showed there was 550 voters registered in 64 properties and in one case there was 12 people sharing one flat.

Tower Hamlets said it was looking into the accusations.

## Read on »

Focus on New Homes in east London

**Property / From Page 19**



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## New hub embraces Tech City

### From Page One

Wellcome, a global charity which donates around £600million each year to medical research, last year made a failed attempt to redevelop the Olympic Park for housing post-Games.

Meanwhile, proposals for a new business hub at Hackney Wick have been approved by the London Thames Gateway Development Corporation.

The £45million scheme, given the green light by its planning committee last



**The Hackney Wick hub**

week, aims to expand on the cluster of creative industries in the region with 6,000sq m of affordable workspace.

It also includes 130 homes, superfast broadband and

improvements to Hackney Wick station.

LTGDC's development director Steve Oakes said: "Tech City shouldn't stop at Shoreditch. We are providing the foundations for it to continue to spread eastwards."

"Already home to a cultural and creative industry with a range of businesses aligning well with hi-tech concerns, Hackney Wick is a ready-made creative and cultural industries cluster."



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## News

# Producer puts novices firmly in the spotlight

### OPPORTUNITIES

Course sets the stage for wannabes to make leap into film

Louisa Emery  
 @wharf.co.uk

**B**afta-nominated film-maker Benjamin Johns wants to use the best of his industry experience to give the next generation of actors a leg up in the industry.

The director and producer is currently in post production with his latest film *Tribe*, which stars David Essex and his son Billy Cook, but is also running a new course in Westferry aimed at providing budding film stars with an insight into working in film.

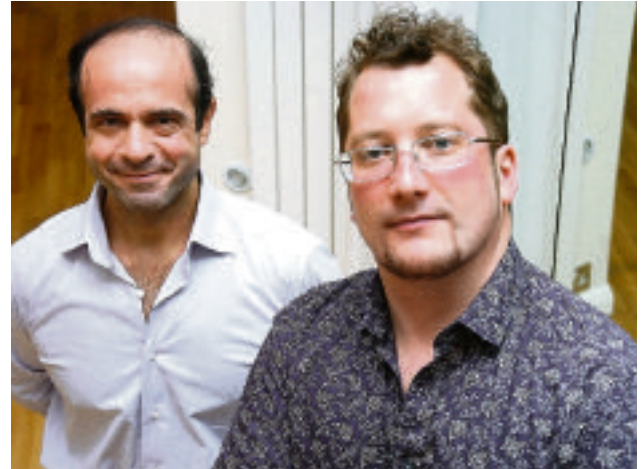
Benjamin said: "There is nothing else that gives people complete experience of preparing for a role in film and then the ultimate step of being in the production. Most training courses just shoot a few scenes in the rehearsal space at the end. We take the cast away on location ad shoot a complete film."

"We are offering people an A-to-Z of the industry in a bite-sized chunk. Actors wouldn't normally be part of the script writing process but they are with us and we give them a unique perspective. Everything is driven by improvisation in a similar way to how Mike Leigh works."

Benjamin has been making films for 12 years and launched the Actors Film Lab at the end of last year.

The film they made, *Lake Land Falls*, is almost ready to be shown at short film festivals.

He is now running the programme from Orassy Kendron on Birchfield



Film-maker Benjamin Johns at Orassy Kendron where he is running a course for aspiring film stars. Konstantin Pavlidis, left, runs the centre

**W** How does the course work?

"Everything is driven by improvisation in a similar way to how Mike Leigh works."

Benjamin Johns  
 Producer

Street and is working with the centre's manager Konstantin Pavlidis, a trained performance artist, to add a health and wellness aspect to the course.

Konstantin will explore breathing, posture, awareness and control as tools for a successful acting career.

Benjamin said: "Short film in this country is making a resurgence. Twenty per cent of the short films at Sundance were British, a British film won the Oscar for short films and an

animation won the Bafta. In the old days a short was attached to a feature film and maybe this is something that will happen again."

The Film Lab has lined up a number of industry professionals including indie film actor Jason Maza and *Benidorm* actress Katherine Drysdale to offer advice.

There will also be a chance to meet casting agents too and Benjamin said many of the previous class landed work as a direct result.

Benjamin was nominated for a Bafta for the film *Candy Bar Kid* which he produced and plans to use his association with Bafta to premiere the films made at the Actors Film Lab there.

The Film Lab course is an eight-week evening programme with a three-day location shoot on the ninth week. It costs £1,499. The first session will take place during the first week on May.

Go to [actorsfilmclub.com](http://actorsfilmclub.com).

# New arena for peninsula

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A PROPOSAL to build a 40,000-seat outdoor entertainment complex half a mile from The O2 has been released by Greenwich Council.

The multi-purpose arena is part of a masterplan for the redevelopment of Greenwich Peninsula West along with Charlton Riverside, Woolwich Town Centre and Eltham Town Centre. The plans could take 15 years to come to fruition.

The entertainment centre is based on an American model and it could be used by a partner college or university as a recreation campus.

The venue would have the flexibility to hold concerts and sporting fixtures. As well as being close to the 20,000-seat O2 arena, the site is two miles from The Valley, Charlton's ground.

Plans for the wider Greenwich Peninsula West project have also been published for consultation.



An artist's impression of how the multi-purpose arena could look

Improved transport links with an extension to the DLR have been mooted as well as housing.

The Charlton Riverside development aims to create a new urban quarter connecting Greenwich Peninsula with Woolwich town centre by 2027.

Dubbed Charlton Garden City, the council says the area will take on the principles of Ebenezer Howard's early 20th century design for a utopian city bringing together industry and heavily landscaped areas.

Thames Barrier Park could double in size and there are plans for a secondary school.

The four masterplans are under consultation until March 9. Plans for Greenwich Peninsula can be viewed today and Saturday at The Forum, Trafalgar Road. The Woolwich and Charlton proposals will be available to see at Woolwich Library on March 3 and 5.

Go to [greenwich-consult.limehouse.co.uk](http://greenwich-consult.limehouse.co.uk).



# Deal over cable car under attack

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QUESTIONS have been raised over Transport for London's sponsorship deal with Emirates Airline to secure funding for the cable car between the Royal Docks and Greenwich.

The London Assembly has condemned the lack of transparency in the link-up meaning it remains unclear whether the airline paid a premium price for its name on the Tube map or whether the £36million deal will cover construction costs.

Budget and performance committee chairman John Biggs said: "Sponsorship offers a chance to bring in large sums of money for London's transport network, which might make the difference between new infrastructure going ahead or remaining on the drawing board."

"However, so far Transport for London seems to have taken an ad hoc approach, which could expose it to unnecessary risk if a sponsor suffered serious reputational damage. This is something you can't always predict – look at what happened to BP."

A report released this week – *Whose Brand Is It Anyway?* – calls on TfL to

## TUNNEL TOLL

■ The Mayor of London Boris Johnson has not ruled out applying tolls to the proposed £700million Thames Crossing at Silvertown.

He was asked about the funding arrangements for the link by London Assembly member Darren Johnson and replied: "There are a number of potential funding mechanisms for the crossing. Further work will be undertaken in conjunction with the Government on funding options."

be more consistent and open in its approach.

Questions over value for money were also levelled at the Barclays Bike Hire scheme, which is coming to Canary Wharf next month.

Barclays extended its deal to 2018 for a further £25million and London Assembly members suggested that, due to its popularity, a better deal could have been struck. The terms of the contract means TfL will not receive the full £50million agreed.

TfL says it is drawing up a new sponsorship policy before it enters any more arrangements.



Young people from Action for Children launch the Faberge Big Egg Hunt

## Crack the puzzle and raise cash

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GIANT eggs have been appearing across London after the world's biggest charity egg hunt began on Shrove Tuesday.

Some 200 eggs designed by well known architects, designers and artist will be scattered across the capital with a number located in Canary Wharf.

The Faberge Big Egg Hunt follows on from the success of the Elephant Parade and aims to raise more than £1million for charities Action For Children and The Elephant Family.

Participants pay a fee to enter and spot the eggs which will be sold off afterwards.

Thirteen of the eggs including one painted to look like Where's Wally were on display in Cabot Square on Friday aboard an open top bus along with young people from Action For Children.

The hunt starts tomorrow and runs for the 40 days of Lent ending on Easter Sunday. Go to [thebigegg hunt.co.uk](http://thebigegg hunt.co.uk) for more information.

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# Digest

## Meetings to discuss crossings

Giles Broadbent  
@wharf.co.uk

**1** MEETINGS have been organised for people to discuss the two new river crossings proposed by the Mayor of London Boris Johnson. Crossings at Gallions Reach and Silvertown would also see the closure of the Woolwich Ferry.

The meetings will hear from a transport consultant and will consider the claims made by Transport for London for the proposals.

Friends of the Earth campaigner Jenny Bates, who has organised the meetings, said: "People living near Blackwall may think that a new tunnel will cut congestion and pollution but is that really the case or would new crossings just bring more traffic and problems to the area?"

"Would queuing at Blackwall only be relieved in the short term and would people mind losing the Woolwich Ferry?"

There will be a meeting on February 28 at 6.30pm, at the Forum@Greenwich and one on February 29 at 6.30pm at Britannia Village Hall.

**Tunnel toll / Page 5**

### Event

## Kanye and Jay-Z set date for O2 gig

**2** THE O2 will be the venue for the start of Kanye West and Jay-Z's European tour in May. Tickets to see the hip hop and R&B duo, who joined together to record the album *Watch The Throne* last year, will be available to buy from Friday.

The North Greenwich arena will be the first in a 12-date tour beginning on May 20, although more appearances are likely to be added.

Tickets in London will be priced at £60, £49.50 and £39.50.

*Watch The Throne* sold 1.3million copies in the US and includes singles *Otis* and *H-A-M*.

Go to [livenation.co.uk](http://livenation.co.uk) for tickets.

### Crime

## Call for review of gay hate campaign

**3** A GAY rights charity has asked for an investigation into why a homophobic was able to spray hate graffiti over a Shadwell housing block for six months before being arrested.

Mashudur Rahman, 23, of Luke House in E1, was jailed for eight weeks for nine counts of criminal damage when sentenced at Stratford Magistrates.

The graffiti was sprayed 70 times over a six month period last year.

Co-chairman of Rainbow Hamlets Jack Gilbert said: "We are concerned that the incidents took place so frequently and over so long a period."



### Transport

## Airport lands readers' award once more

**4** LONDON City Airport has landed a top accolade at a travel show in the capital. LCY has been named Top UK Airport for the sixth time by readers of *Wanderlust* magazine.

The award was presented by editor-in-chief Lyn Hughes and marks a return to form for the airport which won five years in a row from 2006 to 2010.

It will be the last time airport chief

executive Richard Gooding can claim the award as he leaves the company this year.

But he said: "We are excited to receive this esteemed award and the recognition from this group of discerning travel experts. Winning this accolade is significant to the airport as it is dependent upon the readers' votes and is truly impartial."

This year's Olympics will see the airport tested by increased traffic.



Mike Hall at Greenwich

### Charity

## Riders aim to break round-world record

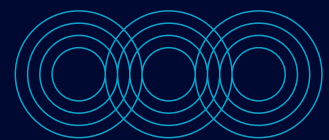
**5** A ROUND-the-world cycle race left from Greenwich Park on Saturday.

The 18,000 mile record-breaking attempt should see the winning rider cross the finishing line – the prime meridian – in time for the start of the Olympic Games.

The team of 10 are hoping to set the Guinness World Record for the fastest circumnavigation by bicycle beating the current 106 days achieved by Alan Bate in 2010.

Semi-professional endurance cyclist Mike Hall is the favourite to break the record. He plans to cover an average of 190 miles a day. Go to [worldcycleracing.com](http://worldcycleracing.com).

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# Crossrail drills down to uncover new talent

Rob.Virtue  
@wharf.co.uk

HIGH numbers of tunnelling students are qualifying from an east London college to assist on the swift progress of the Crossrail project.

The Tunnelling and Underground Construction Academy in Ilford, which opened last spring, has a host of technical training methods to prepare those who want to work on the cross-London transport link.

The school is approaching 300 people placed into jobs, with roughly half of those previously unemployed.

It is expecting the figure to "ramp up" in the coming months due to the introduction of tunnel boring courses.

Crossrail is due to come in by 2019 but the academy will continue after the project's completion.

Crossrail's head of skills and development Claire Parry said: "Crossrail initiated this but we see it as a legacy and we want to hand this over to the industry."

"Thames Water, National Grid, the Institute of Civil Engineers and a

whole range of other organisations were represented in the setting up of the academy so we got a pan-industry view on what's happening."

Graduates that gained jobs represented 54 per cent of people entering the academy, which Claire said was a strong figure compared with other vocational courses.

"And everyone comes away with a new skill," she added.

The fire brigade is also using the facility for drills on tunnel-based emergencies.



LOUISA EMERY



Above, head of skills and development Claire Parry

Left, students practice their steel fixing skills

## 999 Warning after man jumps to flee fire

FIRE officers are urging people to plan escape routes from homes on fire after a man escaped a blaze by jumping out of a third floor window.

The incident took place at Valley Grove in SE7 last week and left the man with serious injuries.

Watch manager Ray Barwell, from East Greenwich Fire Station, said: "This was a very serious incident and shows how important it is that people know how they'd get out of their home if there was a fire. It will help you to act quickly and could save your life."

## Styling Hairdresser offers a speedy up-do

FRESH from keeping the sleek and sexy looking their best at London Fashion Week at its Somerset House Blow Out Bar, the team from the Canary Wharf branch of Toni&Guy are offering an express treatment.

The Fashion Fix, a 30-minute, £25 up-do, is available on Mondays, Wednesdays and Fridays between 3-5pm. Choose from the Top Knot, Fishtail Plait or the Sweep  
Go to [toniandguy.com](http://toniandguy.com).

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## News

## Charity

## Snow Patrol boost hospice

SNOW Patrol pledged support for a Newham children's hospice during their recent show at The O2.

The band made sure Richard House Hospice was able to hold a collection outside the gig and raised £2,000 for its Show A Little Love appeal.

They also put aside 20 tickets for the fundraisers to reward staff for their hard work.

# Bitter pill for sugar plant

Giles Broadbent  
@wharf.co.uk

**N**ew EU restrictions are threatening the jobs of 30 people at the Tate and Lyle sugar refinery in Silvertown.

The company has revealed it has been operating at 60 per cent strength for over a year due to restrictions on sourcing raw materials.

A spokesman said: "As a result of this, we only have capacity for around 240 days per year. We have been forced to align our levels of production."

Before the EU tariffs were introduced the plant, which employs 850 people, was working 24 hours a day, seven days a week.

Tate & Lyle Sugars president Ian Bacon said: "This is a sad day for us, and is in no part the fault

of our skilled and dedicated workforce. It is entirely due to the constraints on our raw material supply created by the European Commission."

The EU introduced tariffs on sugar-cane imports in an attempt to tackle a worldwide shortage but Tate owner American Sugar Refining said the action was to protect German and French sugar beet growers.

East London MPs Stephen Timms and Lyn Brown have both expressed concern over the development which, they said, was only solvable at a European level.

Mr Timms, whose Newham constituency includes the Tate plants, said: "I am very disappointed that the company has found it necessary to look at redundancies."

Conservative MEP for London Marina Yannakoudakis



The Tate and Lyle sugar refinery in Silvertown

said: "Tate and Lyle opened in 1878 and has survived the regeneration of the Docklands, bombing by the Luftwaffe and the threat of nationalisation."

"Boats still moor at the same dock and unload cane sugar to be processed at the plant as they have done for more than

a century. Yet all this could all be under threat because of inflexible European Union trading restrictions."

Mr Bacon added: "We are taking steps to address this directly with the commission."

A 90-day consultation with affected staff is under way.

[www.met.police.uk/terrorism](http://www.met.police.uk/terrorism)



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**PRIORY**

\* Based on a sample of all patients during 2010/11 with completed HoNOS data.  
\*\* Improvements as measured by The Health of the Nation Outcome Scales (HoNOS). HoNOS is the most widely used routine clinical outcome measure used by English mental health services and is also used in services around the world. It is a highly validated tool for the measurement of mental health and social functioning and provides insight for patients and clinicians into their progress against planned goals. Improvement is defined as a decrease in total HoNOS score over the course of an episode of care. Health of the Nation Outcome Scales (HoNOS) © Royal College of Psychiatrists 1996.

## STILL TO COME



**Gregg's home comfort**

P63



**Classic musical reigns**

P14



**On track for 2012 cycling**

P70





Prince Charles receives from Nyah, three, tulips as he visits the Bromley by Bow Centre, a multi-faceted community enterprise centre in Tower Hamlets last week, a day after he visited Newham. Inside the centre he took part in crafts and saw the work of the centre in action

## Prince's Trust targets jobless

PRINCE Charles met students from Newham College last week to mark the launch of an initiative to tackle youth unemployment.

The Prince's Trust has announced 100 jobs for young people at its headquarters in London with the mission of helping a further 100,000 find work.

The young people will act as job ambassadors in areas hit by youth unemployment.

The initiative will begin in the West Midlands before being rolled out across the country.

Chief executive of the Prince's Trust Martina Milburn said: "We know that long-term unemployment can be demoralising – crushing self-esteem and derailing ambition.

"The young people we are employing will have lived through this. They will be able to share their own experiences with today's unemployed young people and, crucially, give them the inspiration, advice and guidance they need to find a job."

Prince Charles met the students at Prince's Trust headquarters to talk about their experiences of joblessness.

Newham has been identified by the trust as a priority for its Job Ambassadors scheme.

Rob Virtue



Prince Charles meets with young people from Newham

### People

#### Airport's VIP night to see high fliers

YOUNG sports people were inspired by the gymnastics at The O2 in an event hosted by London City Airport.

Ascension Eagle Cheeleaders in Newham, Tower Hamlets Young Sport Foundation and Thamesmead School of Dance in Greenwich were treated to the VIP night.

The airport works with the three groups as part of its Health and Wellbeing programme.

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# What's On

## REVIEW

**James Vincent McMorrow**  
Royal Festival Hall

There was a sense of graduation as James Vincent McMorrow took to the stage in front of a sell out crowd at the Royal Festival Hall last Wednesday.

The Irish folk singer acknowledged this himself at the start of the night's proceedings. But even he must be surprised at the pace of his progress over 2011.

While his nerves were apparent from the outset – missing a song from his set list – his choice to begin the concert with an acoustic solo track suggested he'd resolved to focus on the bare bones of his music.

His emotive treatment of every vocal line delivered was captivating over the 90-minute performance. And it was this that made improbable solo covers of '80s classic *Higher Love* and Chris Isaak's *Wicked Game* so affecting. He may not yet have the breadth to outgrow RfH just yet but he'll be giving it his all to get there.

**Reef Malak**

Full review at [wharf.co.uk](http://wharf.co.uk).

## Our verdict

On his way up

★★★★☆

# Comedy, medicine and me

## INTERVIEW

Viral superstar tells us about hits on the internet and playing Elton's piano

**Rob.Virtue**  
[@wharf.co.uk](mailto:@wharf.co.uk)

In 2005, *London Underground* – a hilarious and unflattering depiction of travelling by Tube recorded by Amateur Transplants to the tune of The Jam's *Going Underground* – became one of the first songs to go viral.

Almost everyone had an email with it on or carried it around on their phone. For Adam Kay, who recorded the song, it was a massive surprise even though he and fellow band member and medical student Suman Biswas had been gigging for seven years.

"It literally happened over the course of a day or two," he said. "A bloke I knew texted me and said he had just been emailed my song. Over the next

24 or 48 hours I think the whole of my phone book had texted me as well. Its success definitely helped even though we didn't make a penny out of it back then.

"But then rather than doing shows where no-one had heard of me, people knew the song. So it sold shows."

Seven years on and Kay performs solo after Biswas made the decision to devote all his time to medicine.

However, the song that took them to new heights of success endures because of its subject matter.

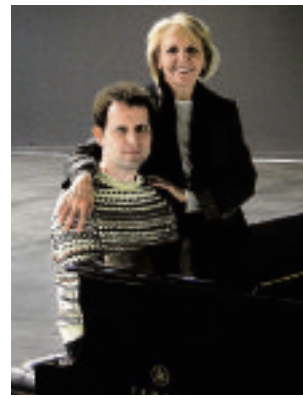
"About two years ago we put a bunch of songs from a couple of albums on iTunes and that song did very well," said Kay, who is performing a one-off gig on the Isle of Dogs next month.

"You only have to have been on the Tube once to understand it."

Kay's decision to leave the medical profession has reaped rewards for comedy fans and he's been selling out theatres across the country.

However, it's a loss to the sick and weary – and the prospect of damaged karma persuaded him to give tens of thousands of pounds of his earnings to Macmillan Cancer Support.

"Originally everything we made from gigging went to charity but as it got bigger our management company



Adam Kay with Janet Viola, director of Lanterns in the venue's studio theatre

told us it didn't make sense," he said. "So I decided to give 10 per cent to charity."

"You go into medicine because you're good at science and want to help people and that is what I miss about the job."

"I miss the interaction with patients and the feeling you've done a good thing."

"In comedy people tell you they

**W** What do you think of the venue?

"I went to the venue to see if it was suitable. It's a great space for comedy with a fantastic piano."

Adam Kay

think you're funny but that's not quite the same."

Before a six-week nationwide tour this spring, Kay is doing a performance at the Isle of Dogs newest venues, the state-of-art Lanterns Studio Theatre near South Quay. Lanterns plans to host a number of musical and theatre shows over the coming months after the venue received a Yamaha piano Elton John used to use to practise on. Lanterns director Julia Viola is hopeful the acquisition will attract talent.

Kay said: "Someone from Lanterns approached me after a gig I did recently as they wanted to put some comedy on down there."

"So I went to the venue to see if it was suitable. It's a great space for comedy with a fantastic piano."

*Smuttys Songs, Lanterns Studio Theatre, Mar 14, 7pm, £15, [wegottickets.com](http://wegottickets.com).*



## DLR and The Wharf Young Journalist of the Year competition

Enter for a chance to win £100 and get your article published in The Wharf!

Docklands Light Railway has been connecting people and places in the Docklands and East London for nearly 25 years and we are always keen to find out what is happening in this vibrant and ever-changing part of London. That's why we've teamed up with The Wharf to launch our 'Young Journalist of the Year' competition.

The competition aims to uncover budding journalistic talent in the area by asking 14-21 year olds to enter a 500 word article about East London.

It could be a report or review of an event you've been to, an interview about something happening in the area or an opinion piece.

Maybe you know someone who's done something extraordinary or who's gearing up for a huge challenge.

Perhaps you have strong views on the change and redevelopment east London is experiencing.

Whatever you decide to write about, we're looking for well-researched stories or comment pieces that will capture imaginations and reflect the vibrant, exciting corner of the capital that the DLR has done so much to regenerate and grow.

The winner's article will be published in The Wharf in April, for the paper's 50,000 readers to enjoy as well as at [wharf.co.uk](http://wharf.co.uk).

The Winner will receive the title of The Wharf and DLR Young Journalist of the Year and £100 prize.

The winning entry will be selected by The Wharf editorial team in collaboration with DLR.

The closing date for competition entries is March 22.

To enter go to [wharf.co.uk](http://wharf.co.uk) and click the competitions link.



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<sup>†</sup>BIK rates correct as 1st Feb 2012.\* Above rental based on Alfa Giulietta 2.0 JTD<sub>M-2</sub> 170 bhp ALFA TCT Lusso including Ghiaccio White special paint on Contract Hire payment profile of 3 rentals in advance (equivalent to £897) followed by 35 monthly rentals of £299. Rentals shown above exclude VAT and maintenance. Rentals are subject to VAT at statutory rate based on 10,000 miles per annum. Excess mileage charges apply. Vehicles must be registered with Alfa Romeo Contract Hire by 31st March 2012. Offer subject to status. A guarantee/indemnity may be required. Offer correct at time of going to press and may be varied or withdrawn at any time. Subject to availability. Alfa Romeo Contract Hire, 240 Bath Road, Slough SL1 4DX.



# What's On

## GIG

### Earl Green

Boisdale Canary Wharf



He's a rare example of the black British blues singer and a multi-award winning vocalist who has been a fixture on the blues scene for around 35 years.

Earl Green has graced stages all over the world and this week will be appearing with the The Right Time at Cabot Place. Although born in Jamaica Green moved to the UK when he was 13, bringing with him his love for R&B. He has won polls for best vocalist and will surely prove to be a treat for the Wharf crowd.

■ Feb 24, 9pm, £10-25, [boisdale.co.uk](http://boisdale.co.uk).

## DESIGN

### Wendy Allan Design

Window Gallery



Wendy Allan Design is set to exhibit illuminated art in Canada Square Mall.

Tubes containing hand-dyed and rolled silk, strengthened with resin and fibreglass or light boxes mounted to walls are two of the forms Allan uses.

She said: "I am passionate about light and colour and excited by the idea of manipulating them into a variety of end products. The medium is infinitely versatile."

■ Feb 25-Apr 28, FREE, [myncanarywharf.com](http://myncanarywharf.com).

MATTHEW HARGRAVES



Right, Patrick Robinson will star as Estragon alongside Jeffrey Kissoon, left, as Vladimir in *Waiting For Godot*

# All-black Beckett will offer fresh perspective

## INTERVIEW

Cast will help the audience find new meaning in play

Rob.Virtue  
@wharf.co.uk

**D**irector Ian Brown's version of *Waiting For Godot*, which is soon to be heading to The Albany in Deptford, has received rave reviews from critics during its run at the West Yorkshire Playhouse.

Getting a positive reception is a relief for any production but especially so for Brown and the Talawa Theatre Company as they have chosen to challenge convention with an all-black cast for Samuel Beckett's classic.

"This is the first time it's been performed in that way in this country," said Brown.

"You even have to get special permission from the Beckett Trust for anything out of the ordinary you want to do with his works."

"With this version it's seen through the eyes of black actors. There's a slavery theme in the play – a rich landowner brings servants along joined by a rope – and having a black cast makes the audience think differently about the play's messages."

Brown said his treatment not only offered an alternative view on the work, which revolves around two homeless old men waiting for a visit from a character called Godot, but it also challenged perceptions of black actors.

"You see a lot of all-white versions of plays yet we have many, many non-white actors in this country," he said. "Black actors often get chosen

to play the same kinds of roles and, when auditioning for this, it was apparent how keen they were to be given a chance in this play. This is the first time I've directed an all-black cast but I am really enjoying it."

Until Saturday the play will be performed at West Yorkshire Playhouse, where Brown has been resident director for around a decade.

Its next stop will be Deptford, where it will be shown at The Albany between March 6 and 10, before heading around the country.

"I've never been to the Albany but I know it's a different venue from where we are currently performing so there will be a few changes needed," said Brown.

"The actors are right among the performers so it's a real interactive space. We're very much looking forward to being there."

*Waiting For Godot*, Mar 6-10, various times, £14 (£8), 020 8692 4446.

## REVIEW

### Travelling Light

National Theatre, Lyttelton

Sir Antony Sher meerkats-it-up in this tale of silent film-making in a remote eastern European.

He's the biggest and best thing about this production, which features some rather shouty acting from the support cast – notably the

other pivotal role of aspiring young director Motl Mendl (Damien Molony) who is seemingly devoid of gravitas, although this is partly the play's fault.

Lauren O'Neil's good as doomed heroine Anna, as is Paul Jesson as the older Motl, packed with the cholesterol of Hollywood success.

But it's Sher's show and, as the bombastic bankroller of the movies and local wood magnate he goes

to town. He's ferocious and camp all at the same time, ejaculating lines such as "I am like tree, with hot sap", with obvious glee. A shame the story's so schmaltzy. Until June 2. Go to [nationaltheatre.org.uk](http://nationaltheatre.org.uk).

## Our verdict

Fun but light around the edges

★★★★☆

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# What's On

## DVD



**We Need To Talk About Kevin**  
(15) 111mins  
★★★★☆

Lionel Shriver's best-selling book about maternal guilt is taken apart and rebuilt by director Lynne Ramsay to create a stylish and horrifying collage. At its centre is a mesmerising portrayal of a mother racked by guilt over her son culpability in a Columbine style massacre.

Tilda Swinton plays Eva who puts her ambitions on hold to raise Kevin. The relationship is troubled from the outset and ends in a dark, disturbing flirtation.

The book is inevitably more nuanced – with the suggestion that the mother's lack of bonding may have contributed to the son's outrage – but the film still manages to capture the complexity of the relationship.

Newcomer Ezra Miller plays the teenage Kevin and he nails the sense of evil manipulation at the heart of this chilling story.



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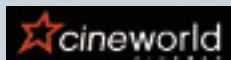
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Who is pictured above in *The Best Exotic Marigold Hotel*:

- a. Maggie Thatcher
- b. Maggie Smith
- c. Judi Dench

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# Turning on the tap (the dance and the faucet)

## STAGE

### Singin' In The Rain

Palace Theatre

**T**urns out beyond the gaudy portals of the Palace Theatre it ain't rainin' so much.

There's pavement gum and grey skies and gurning multitudes with duelling elbows but none of those colourfully clad hoofers eager to impress with their fast feet and 100 watt smiles.

So best stay indoors, with them, with the glamour and escapism and the gee whiz and the joy.

Only a grouch could resist such a carbon-copy homage to the Hollywood classic, delivered with such attention to detail and genial brio that it makes *Glee* look like *Les Misérables*.

In this no-expense-spared adaptation, the fiddle-de-dee and tra-la-la coincides with the clippety-clop and splash-splish to make an unalloyed treat that brings the audience to its feet après le deluge.

So the pantomime of the silent era is passing and the legendary screen idols of Lockwood and Lamonte find themselves behind a mic and behind the times as the talkies expose their technical weaknesses.

Some are better equipped for the revolution than others. Don Lockwood (Mad Man-a-like Adam Cooper) is smooth as a lubricated zoot suit on Broadway but Bronx bird Lina Lamonte (Katherine Kingsley) with a voice like fingernails on a blackboard discovers a "doig eat doig world".

Enter simple songbird Kathy Seldon (a winning Scarlett Strallen) who has the voice – and the heart of Don – but not the billing or the pulling power.

A brainwave from music man Cosmo Brown (a scene-stealing Daniel Crossley) introduces dubbing and double crossing which makes for much of the preppy drama.

The romance is as convincing as a dancing dodo in a field of flattened corn but this is a world where people burst into song when most would chunter into their kebabs so hyper-realism isn't a deficiency that mars proceedings.

And, frankly, who cares. There's a songlist to get through and director Jonathan Church knows why we put our penny in the jukebox.

He tees up the songs with aplomb and then lets rip to a cavalcade of classics – *Make Em Laugh*, *Good Morning, You Were Meant For Me* – all delivered with a stylish side order of choreography from Andrew Wright.



*Singin' In The Rain* is accompanied by screeches from the front rows who got a log flume soaking and *Gotta Dance* is a dreamy extravaganza that parades the masterful costumes (Bill Butler) and set design (Simon Higlett).

Generally, I am the nut in the nougat, hard-bitten and resistant to all forms of sweetness – but, hey, where'd that soppy grin come from?

Sequins and raindrops, snazz, jazz and romance, flapper girls and slick umbrella action. The forecast predicts for a splash hit.

**Giles Broadbent**

## Our verdict

**Fun and feelgood, this is the perfect antidote to an austere world**

★★★★☆

## SCREEN

### One For The Money

(12A) 91mins



■ Fans of Janet Evanovich's cult novels will be pleased to see them come to the big screen with Katherine Heigl taking on the role of bounty hunter Stephanie Plum. She plays an ex-lingerie buyer who is forced into a career change. She wants to get in on the lucrative business of tracking down fugitives, and isn't above dirty tricks to get her break. It just so happens that her first assignment is former cop Joe Morelli (Jason O'Mara) who broke her heart many years earlier.

## SCREEN

### Black Gold

(12A) 130mins



■ Antonio Banderas and Mark Strong star in an epic tale of rival warriors set in early 20th century Arabia. In a tale of oil and wealth, it is one of the biggest film projects ever undertaken in the Arab world. The two men agree that neither can lay claim to the area of no man's land between them called The Yellow Belt. But when one is visited by an oil prospector from Texas and is promised untold riches the stage is set for an epic showdown for control of the future.

## SCREEN

### Safe House

(15) 115mins



■ Tobin Frost (Denzel Washington) has eluded capture for almost a decade. The ex-intelligence officer has sold military intel to anyone with cash since he turned. And he's now back with a secret. As soon as Frost is brought in for debriefing, mercenaries come and tear apart the safe house of Matt Weston (Ryan Reynolds). Barely escaping, the unlikely partners must discover if their attackers have been sent by terrorists or someone on the inside.

## SCREEN

### Blood Car

Cert: TBC



■ *Blood Car* is set in the near future, when fuel prices have rocketed, and no-one can afford to drive any more. Vegan geek Archie, while trying to invent an engine that runs on wheat-grass, accidentally invents one that runs on blood... human blood. When it brings the very welcome attention of gorgeous Denise, Archie is willing to do anything to keep his blood car on the road. This fright fest favourite is on limited release but showing at Newham Showcase.





Left, Adam Cooper and Scarlett Strallen in *Singin' in the Rain*, above

# Oldies take a passage to India

## SCREEN

**The Best Exotic Marigold Hotel**

(12A) 124mins

**C**rumbling ruins seeking a new lease of life – such is the story of both the Best Exotic Marigold Hotel and its inhabitants in this genteel comedy drama with the cream of British acting talent showing the whipper-snappers how it's done.

The eponymous hotel is not as the seven retirees saw in the brochure but the chutzpah of naive owner Sonny (a joyous Dev Patel – “let me through, my brother is a doctor”) and the vibrancy of the lifestyle of Jaipur is sufficient to persuade our magnificent seven to give it a go.

Each have left something behind, each is looking for answers and escape and, in a rather clod-hopping and formulaic fashion, they each get what they want or, at least, what they need.

The fact that the epiphanies come by rote and fall into place like a lock mechanism is down to the sheer practicality of events – seven people, seven journeys, seven moments of truth – make that eight if you include Sonny's soapy love story.



Judi Dench is magnificent as cash-strapped widow Evelyn

It necessarily means that everything is hurried, life-long prejudices vanish in an instant, everyone talks in urgent home-spun truths, the natives are poor but happy and culture clashes become culture clichés.

But if the story, unlike the cast, doesn't go anywhere unexpected, what better companions than these with whom to stand and stare at the dizzying joys of Jaipur.

Relish these names sharing the screen – Judi Dench, Maggie Smith (“I can't plan that far ahead. I don't even buy green bananas”), Tom Wilkinson, feuding couple Bill Nighy and Penelope Wilton, Ronald Pickup, Celia Imrie.

If anyone can go deeper than an easy-going script will allow it is these folk who scoop out crumbs of melancholy and hope and regret from unpromising cracks.

Director John Madden presumably sat back and watched these craftsmen and women go to work, safe in the knowledge that no-one would misfire.

And with a host of unselfish performances in the bag, he could concentrate on capturing the teeming riot of colour and noise that so frightens and charms the dry Brits.

From a land of call centres, health and safety and rain to this – a spice market of spirit and optimism where, as Wilkinson's Graham puts it “life is a privilege not a right”.

Expect all your neighbourhood Shirley Valentines and Calendar Girls to be booking tickets east this year.

Yes, the film would have been better as a longform TV series. Yes, it meanders wildly and re-states the obvious as something insightful. Yes, everything gets too easy too quickly and sorted too smartly but there is no escaping the genial charm of this life-affirming story that sees gap year grouches discover that, yes, there is a chance of new life before death.

**Giles Broadbent**

## Our verdict

**Heavy-handed and predictable, but what a glorious ensemble**

★★★☆☆

# Wired Woody triumphs as a cop mired in sleaze

## SCREEN

**Rampart**

(15) 108mins

**I**n a wired and mesmeric performance, Woody Harrelson creates a colossal character that occupies director Oren Moverman's hovering lens for the length of the film.

So sprawling is Harrelson's self-destructive cop Dave “Date-Rape” Brown that the impressive roster of support acts can barely entice the fidgety camera their way.

Which is a staggering accomplishment considering the roster of A-listers lined up to appear in this edgy, raw study of man trying to maintain his balance in a world built on soft rot and mushy degradation.

The smokily dissolute attorney Robin Wright (in shattering form), Sigourney Weaver, Ice Cube, Ned Beatty, barely-there Steve Buscemi as well as his former wives Anne Heche and Cynthia Nixon become mere buttress for the grand crumbling edifice of Harrelson's cigarette-chomping charmer as he stares oblivion in the face with a bull-headed confidence in his own longevity.



Woody Harrelson gives one of his best performances

Oren Moverman took a script from James Ellroy about the Rampart corruption scandal in late '90s LA and found a man who seemed to encapsulate the good, the bad and the ugly of power gone wrong.

When he gets caught on tape beating on a suspect, Brown becomes the focus for the city-wide fury. Rough, tough and with his own code of conduct the politics begin to take their toll and Brown's increasingly wild thrashing only serves to sink him further.

He can quote the law, win the lady and strike a canny deal but he has survived

beyond his time and the tar pits, you sense, are a-calling.

That Harrelson has us rooting for this foul-mouthed bully at the same time as we want to hose off his slime is some achievement.

Ultimately, though, Moverman provides no answers and no resolution and the fate of Dave Brown, natural born killer, is just another scrap caught in the swirl of a busy, careless city.

**Giles Broadbent**

## Our verdict

**Harrelson is majestic in an edgy portrait of degradation**

★★★☆☆

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# Focus Wedding Guide

## tying knots

Jon Massey hunts down bits for your biggest day

### FLORIST

## Find fabulous flowers

★ From a bouquet to toss to a crowd of jealous bridesmaids, to table decorations, floral design forms an important part of most weddings. Traditional with a modern touch seems to be the way to go.

Manager and floral designer at Westminster-based Mirage Creations Inga Macernyte said: "We've been established for about a year but I've been in the business for about 10 years.

"Fashions change all the time – last year the vintage style was very popular as well as unusual colours.

"We try to do something



Inga Macernyte

different as well, not just traditional designs. If we do those styles we try to put something a bit more modern in them; a contemporary touch. I always aim to achieve style and balance in the designs I create.

"We try to keep our prices

reasonable, especially with the economy the way it is at the moment. You can really spend any amount on your big day. Weddings remain popular but we have seen a downturn in other parts of the business.

"We work with a lot of hotels and while there are still events happening, people are being more careful with their money."

Go to [miragecreations.co.uk](http://miragecreations.co.uk).



### DRESS

## Ivory and tradition are perfect

★ If you haven't sorted out something to wear yet, try these tips on for size from a supplier of quality outfits to buy or hire for the big occasion.

Alison Goodchild of Couture Bride and Groom in Hornchurch said: "We sell wedding dresses, bridesmaids' dresses and mother of the bride outfits. We've also got the menswear to hire or buy.

"Most brides go for ivory these days because it's softer on the skin than white. Lace is really popular at the moment, largely because Kate Middleton wore it to marry Prince William.

"For bridesmaids, longer dresses are the most popular – our bestseller is one that has a lace up back and red is the most popular colour. For the men, our most popular colour is a grey suit with purple accents. Traditional



styles are the ones to go for – morning dress is the most suitable choice."

Bridesmaids dresses cost around £195, wedding dresses from £500 to about £1,500 and men's hire from around £100 per day.

Go to [couturebrideandgroom.co.uk](http://couturebrideandgroom.co.uk).

Right, Couture's most popular bridesmaids' dress



## A Stunning Riverside Setting for Celebrations Canary Wharf's Coolest Hotel

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Above,  
traditional  
styles for the  
groom and  
the best men

## THE TABLE

## Party flavour



BeeARTisan pot with nine carat gold label costs £140

★ Giving's the new receiving and favours on the table before a wedding meal have become very common. But why just give chocolates or baubles when you could personalise the gift?

Buckinghamshire-based BeeARTisan's art director Nicholetta Massoura-Townley offers a bespoke solution.

She said: "Because I'm a beekeeper myself it's something I took to as a hobby. I love the arts and working with metal so I created these ranges – pots of honey with solid metal labels that have the names of the bride and groom on them.

"I also offer several other ranges featuring silk ribbons, sealing wax and genuine papyrus. The name of the beekeeper is also identified on each jar – I'm very meticulous when it comes to provenance."

Favours start at £3.50 for card labels.

Go to [beeartisan.com](http://beeartisan.com).

## ORGANISATION

## There's an app for everything

★ In a world where our lives are increasingly aided by technology it comes as little surprise that there's one to help you tie the knot.

Director of Wedding UK

App Stewart Yardley said: "It's like a Yellow Pages for



all wedding services. It's free to download and works on iPhone, iPad and Android devices.

"There's a wedding planner so the bride and groom have

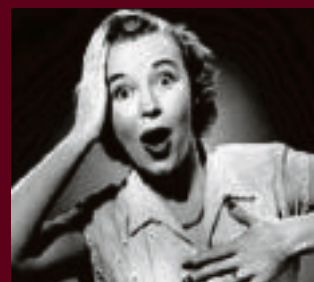
everything in one place, including guest list, seating plan and budget.

"The services part uses GPS so it knows where we are and if, for example, you search for venues it brings up all the ones close by. Click on one and it brings up all the information – you can call them from the app or add it to your favourites."

Wedding UK App generates revenue from advertisers. Go to [myweddingapp.co.uk](http://myweddingapp.co.uk).

## Your big day is approaching, but is there something you've forgotten?

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## As seen on 'How To Look Good Naked', 'GMTV' and '10 Years Younger'

### Company Magazine

"After eight sessions, I'd lost 4cm from my bum, 6cm from my hips and 8cm from my waist. Now I'm hooked."

Verdict: 5/5

### Mirror Magazine

"Andrea's cellulite has improved the most, I'd say 45%. She has lost half a stone in weight, her bottom is tighter and lifted and skin is smoother on the backs of thighs."

Verdict 10/10

### Red Magazine

"It worked for me: 'The results were dramatic...I've lost 11lb and nine inches off my hips, thighs and bum. My legs look smaller and feel firmer, and I'm thrilled to have found a treatment that does what it says on the tin."

**Hypoxizone, St Clements House,  
27-28 Clements Lane, London EC4N 7AE**

Tel: 0207 283 7070

[www.hypoxizone.co.uk](http://www.hypoxizone.co.uk)

[info@hypoxizone.co.uk](mailto:info@hypoxizone.co.uk)

### Real Magazine

"It works! I can't believe it, but I've dropped a dress size and lost a total of 17.5cm from around my bottom, stomach and thigh area. And my bum looks J Lo shapely."

Verdict: 9.5/10

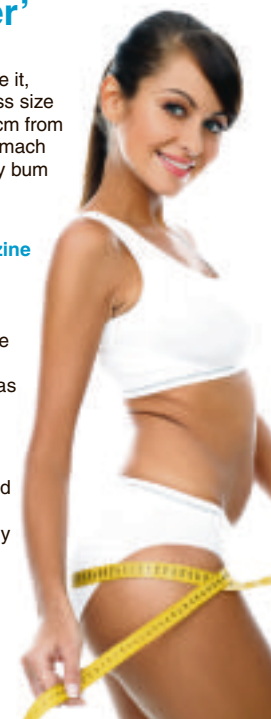
### Woman's Own Magazine

"After six sessions I can see a definite improvement in the shape of my thighs. I've lost about an inch and the excess baggage has practically gone."

Verdict : 10/10

### The Independent

"To my amazement and delight I discover I've lost two inches from my waist, just two weeks in."



# Focus Wedding Guide

## THE CAKE

### Getting a cake with the wow factor is essential

★ There comes a time, at most weddings, when guests' thoughts start to turn to cake.

While the Norwegians have a tradition that sees attendees bring their own sweet offerings, the British prefer to have theirs funded as part of the celebration. And if you can't be bothered to bake yourself, why not try something eye-catching from Croydon-based Flirt Cakes.

The business brain behind the firm, John Anthony said: "We're a husband and wife team. Mayuri is the creative mind behind what we do and I do the business side of things."

"She just found a flair for it. She started doing baking for friends and family. The business came out of that."

"We're flexible on the design and in terms of the filling it's really whatever you want it to be – a lot of people want the traditional fruitcake and we can do that. The one in vogue at the moment is probably the red velvet cake made with cocoa and buttermilk."

Three-tiers tarts at £375. Go to [flirtcakes.co.uk](http://flirtcakes.co.uk).



Above, Flirt Cakes' John Anthony. Left, this creation will cost you £500



## MUSIC

### Hire a quartet

★ If you're looking for something other than Sting's *I'll Be Watching You* piped through a dodgy sound system as you take your first dance as a married couple, why not hire a classical ensemble?

Apollo Strings director and cellist Clementine Vale said: "We've been doing this for about 10 years. We started as just a trio but we can now supply duos, a trio or a quartet."

"We supply the very best in quality. All our musicians are trained to conservatoire level – you will always have two, three or four glamorous females on the day. We believe it's the most beautiful day of your life so everything should be beautiful."



Clementine Vale

Clementine said her musicians could learn any piece the couple wanted and would be happy to make suggestions on repertoire if necessary.

"The wedding isn't just about you, it's about your guests as well – you might have 100 people there who have never seen live music."

"In hiring a duo, trio or quartet, it's not just a treat for your ears, it's a treat for your guests' ears and their eyes too."

Prices start at £320 for a duo to play during the wedding ceremony or £830 for a quartet during the reception, ceremony and wedding breakfast. Go to [apollostrings.com](http://apollostrings.com) for more information.

## PHOTOGRAPHY

### Reportage shots

★ In these days of austerity and penny pinching, we asked a professional photographer why it would be worth spending cash on her services for your wedding.

Emma Bateman of Claremont Photography said: "Having a professional wedding photographer is essential if you're going to capture the best day of your life."

"You might not look at them every day, but you will look at those pictures throughout the rest of your life and our aim is to capture the feeling of the occasion and unless you're a professional or someone with a very good eye then I think that's very hard to do."

"It's important to have someone with all their eyes and ears open waiting for the magic moments."

"We cover weddings in the



Emma Bateman believes it's worth hiring a professional to ensure a good result

reportage style. We're looking for personality and the little moments that convey that although we're happy to do group shots if people want that."

Claremont charges £2,495 for a whole day with two photographers covering your event. The price includes a digital album and hi-res images.

Go to [claremontphotography.co.uk](http://claremontphotography.co.uk).



One of Thisbus.com's vehicles

## TRANSPORT

### Hop on a Routemaster for the day

★ They may have largely disappeared from the City's streets but many have a soft spot for the hop-on, hop-off charmers.

Penny Sayers, pictured, of Thisbus.com said: "We have six buses. It started off as a hobby between people who love Routemasters – they clubbed together and bought one and used it for family and friends' occasions."

"The service we offer is complimentary to the wedding – we try to add to the atmosphere and can pick up guests from their homes or even the groom and best men or bride and bridesmaids. We also do tours of London and get a lot of people waving."

It costs £600 to hire a Routemaster with conductor and driver for three hours. For details go to [thisbus.com](http://thisbus.com).



## Q&A

I get knee pain when I exercise. Should I stop?

You should always stop or ease off any activity that causes you joint pain until the it's passed.

This might happen on its own or you might need to try and find the cause if your knee pain hasn't shifted after a few days of rest.

Knee pain when exercising can be caused by any number of factors ranging from an insufficient warm up before you start working out, to a lack of stability in the joint. Swimming, rowing, the stationary bike and the cross trainer are all more knee-friendly forms of exercise than higher impact moves.



## FITNESS WITH LAURA WILLIAMS

### Get the look: Colin Firth

Cast as the ideal husband in *Pride and Prejudice* and *Bridget Jones*, Firth has admitted he's no great fan of exercise and needs something "enjoyable, sustainable and effective".

**How he does it:** Colin works out with trainer Cornel Chin and favours exercises that he can do at home using his own body weight.

A particular fave is the wide grip push up, a move that hits the pecs more than the standard push up. **Here's how to do it:** Lie on the floor face down and body straight with your toes on the floor and hands shoulder-and-half width apart – make sure your body forms a straight line from head to knees.

## »Tip of the week

Struggling for the motivation to change into your kit? Fast-forward to that smug, post workout feeling. Forget the fatigue for once – just think about how warm, virtuous (and buff) you'll feel in an hour.

Slowly lower your chest closer to the floor by bending your elbows out to the sides. Keep your spine straight throughout the move.

Lower as far as you comfortably can, then push up to the straight-arm raised position. Repeat, aiming for 12-20 in total.

**Press up Trivia:** The abs keep the spine straight during a push up while the hip flexors (muscles right at top of thigh) and thigh muscles keep the legs in place?

■ The handstand push up (as it sounds) is probably the most advanced push up.

■ You can add equipment to the push up. Options include wrapping a resistance band around your back and using push up handles to add to the depth of your press up.

■ Canadian Roy Berge holds the record for the most push ups in one minute – 138.



REUTERS



# Food

MORE  
REVIEWS  
ONLINE  
wharf.co.uk

## RECIPE

### Perfect pork belly

Our pork belly roast is a firm favourite with our Sunday diners at The Gun," says head chef **Mark Fines**. "We get fantastic comments about it every week. It can be a little bit fatty for some people's taste, but this is where its tenderness and flavour comes from. We prepare and roast the pork differently to how you might do it at home – you have to be prepared to put the time and effort in, but the results speak for themselves. Here's how you can try it at home."

#### SERVES 4-6

Preparation time: Allow three-four days

Cooking time: About eight hours

#### INGREDIENTS

700g of un-scored pork belly (Gloucester Old

Spot is our favourite breed of pig for this dish)

200g of rock salt

5 sprigs of thyme

1 bulb of garlic

1 tsp coriander seeds

1 tsp black peppercorns

1 kg duck fat

1 litre of vegetable oil

#### METHOD

Take apart the garlic and lightly crush each clove. Combine this with the salt, thyme, coriander seeds and peppercorns.

Rub this mixture all over the pork belly, ensuring that you've covered every part. Put everything into a baking tray, cover and leave in the fridge for two-three days. This method is known as curing and will draw out any excess moisture, as well as tenderise the meat.

After three days, wash the salt cure off the belly and place it into a deep baking tray that you can fit into the oven. You will need this to

be at least two inches taller than the height of the belly. Pre-heat your oven to 120C.

Mix the duck fat and vegetable oil together and melt on the stove. Once melted, pour this into the baking tray, making sure that the belly is covered by more than an inch of the fat at least. Put a piece of baking paper over the top of the pork, and cover the whole tray in tin foil.

Place the tray into your pre-heated oven and cook for at least seven hours. You will know when it is cooked as you should be able to put a spike into the meat without any resistance.



Pork Belly  
cured and  
roasted

Once cooked, allow to cool in the fat until you can handle the belly safely. Remove it from the tray and press the meat between two trays in the fridge with a little weight on top to make the slices nice and even. The fat can be passed through a sieve and kept in the fridge or freezer to use on your next pork belly.

Once the pork has cooled, cut the belly into nice big slices one for each person. Heat up a non-stick frying pan, and fry each piece, skin side down, until the skin is crisp.

Put back into the oven, again at 120C for about 15 minutes to finish off the roasting. Each slice of pork belly will have a crisp, wafer thin, skin and tender, succulent meat.

I enjoy my pork belly served with a simple apple sauce and traditional roast accompaniments.

The Gun, 27 Coldharbour, Docklands, London, E14 9NS, 020 7515 5222, thegundocklands.com.



# Wallace wants to feed us classics

**W** What's the concept all about?

"I want the restaurant to be reasonably priced – the sort of place local people can come to once a week."

M3. There's a savoury side, which I see suiting the chaps, with chips and sausage rolls, and a sweet side for ladies with lattes who might want to order a slice of carrot cake."

Gregg grew up in Peckham and later bought a house in Bermondsey. He said it was very important to him that Gregg's Table became part of the community.

He said: "The only really expensive things on the menu are the steak and the whole lobster. I want the restaurant to be reasonably priced."

"People go to restaurants for different reasons – some go to tick them off, others will come to mine because they are drawn to my name but I want it to be the sort of place local people can come to twice a week."

The restaurant, which has replaced Alfie's Kitchen, opened to restricted numbers on Monday and officially launches on February 27.

Gregg said: "People are really liking the concept. We have spent the last 10 days having people in to try out the dishes and we have had some problems with the food and had to get rid of some of the waiters who couldn't cut it, but that's the industry."

"We are keeping some of the staff from the last restaurant but have a new team too."

He is so passionate about the project that he plans to become a regular himself although he does admit to a little competition.

"I eat out three or four times a week," he said. "And I'll just be changing where I go and coming to Gregg's Table instead. I'll make an exception for my friend Michel Roux's Le Gavroche though."

Go to [bermondseysquarehotel.co.uk](http://bermondseysquarehotel.co.uk).

## INTERVIEW

Chicken kiev and Spam fritters form backbone of menu at Gregg's Table

Louisa Emery  
@wharf.co.uk

Ladies stop him in the street and accuse him of being "that chef off MasterChef" – but Gregg Wallace has never worked in a kitchen.

The greengrocer turned television presenter is also a restaurateur and this week launched his latest culinary venture – Gregg's Table at the Bermondsey Square Hotel.

The concept, menu and design are

all his own and he has taken his inspiration from the an unlikely period in gourmet history.

He told *The Wharf*: "Me and my wife talked about the dishes we used to love as kids and thought it would be a really nice idea to revisit them only do them better. It's those same dishes but in the hands of a trained chef rather than in frozen packets."

Dishes on offer include chicken kiev, knickerbocker glory, spam fritter and fish mousse but there is one Gregg insisted every dessert fan should sample.

"I love butterscotch Angel Delight," he said. "We serve it as a pre-pudding in a shot glass. We also give you an After Eight mint."

"These are the dishes you would have found on working class tables when I was growing up – just with a little more finesse. I don't want the menu to be fashionable because fashions change."



Gregg's Table at the Bermondsey Square Hotel serves Angel Delight

The management at the hotel suggested Gregg brought his cafe concept Wallace & Co in Putney over to SE1 but the presenter decided he could do something better.

Gregg's Table is a restaurant at

lunchtime and in the evening but a cafe and bar with a huge outdoor seating area the rest of the time.

He said: "We have a menu that we are unashamedly calling Snax like a caravan you'd see on the side of the

## Read on »

Children have the idealism to make changes

Green Living / Page 64



# Comment

## GREEN LIVING

By Andrew Williams

### Children have idealism to make changes

Any conversation around ethical living inevitably tends to involve an element of guilt.

Perhaps we feel a twinge of remorse when we book a flight, or scold ourselves for buying yet another gadget or outfit.

Most of all, people tend to worry about the next generation – how are the children growing up today going to cope with the planet as it faces increasing environmental threats?

The good news is that children are a resourceful bunch. While I used to long for the summer holidays so my dad could bring back a Commodore Pet computer from the college where he worked, today's youngsters are online and interacting in ways we could never imagine.

They have a clear grasp of the geography of the world and tend to be engaged with environmental issues. They are also blessed with the idealism which sadly leaves so many of us



Rick Edwards

as we grow up and face the big, wide world. Harnessing that idealism is a tremendous opportunity to build a future where we think about what could be possible rather than worrying about what isn't.

This year, as part of the Observer Ethical Awards project we manage, we are looking for budding ethical pioneers who can prove that the future is bright.

We're fortunate to have advocates in the form of TV presenter Rick Edwards and model Lily Cole, who have been offering advice and tips.

For many children, being green and thinking about the planet will be a passing phase. For some, it will turn into a lifelong passion. The next Sir David Attenborough could be walking past you on the school run.



Do you or your company have an environmentally friendly product or service you'd like featured in the column? Let us know by contacting Seventeen, a sustainable alternative for your event management needs, at [andrew@seventeenevents.co.uk](mailto:andrew@seventeenevents.co.uk)

## Poll comes down to question of trust

At City Hall we have just completed our annual budget making – this one with a backdrop of impending elections. The key questions are all about who you can trust, and who will speak up best for London?

Clearly I have a firm view on this matter, being a member of one of the political tribes, so I won't insult either of us by pretending I don't.

Just to say that, for my money, the clincher is our mayor has with one hand offered Londoners a measly £3 a year (on average) cut in council tax while imposing a massive increase in

## POLITICS NOTES&VIEWS

With John Biggs

London Assembly Member, City & East



transport fares (over £100 a year for a modest traveller).

And I would argue the rise wasn't necessary but he did it just to try to show "toughness", or something – unnecessarily punishing.

Meanwhile, the Olympics approach. I read that the Government

has employed someone to make sure at least three good news stories go out to the media every day between now and the end of the Games.

I find this worrying – a bit like giving us all "happy pills". I want the Games to be fun and exciting, because by their very nature they are, but not because we are told they are.

The question enters my mind: does that mean we can return to bad news stories afterwards? It just doesn't seem right to be manipulated in this fashion.

Thankfully, most of us are not that gullible.

## Breaking the silence

Tower Hamlets' executive mayor has broken his silence over his, well, silence at council meetings.

He has accused his opponents of censoring his cabinet in their demands that the executive mayor – not his ruling councillors – answer questions about his regime.

Of course, the Opposition has no power to censor the cabinet or force Lutfur Rahman to speak – it is solely a matter of democratic obligation, personal honour and moral force.

The power resides with the executive, which is precisely why the man who sets the tone of the executive should be accountable.

Mr Rahman's defence of distribution of power among a committee of elected officials is not an anti-democratic position.

In fact, that was the system before executive mayoralties were introduced.

Pity, then, that Mr Rahman didn't make his case against executive mayors before he decided to become one and exercise its considerable powers, including the power to hide behind a phalanx of foot soldiers.

## Greek tragedy

The Eurosceptic's great argument against the monolith of the EU – that it is lethally autocratic – is being played out in terrible style in Greece. The notion that democracy is subservient to economics is the beginning of tyranny.



Rupert Murdoch during his stay in London

## SPIRAL NOTEBOOK

By Giles Broadbent

## Tales of the unexpected

Whether you like or loathe the man or his products, there is something sweepingly cinematic about Rupert Murdoch.

Like the Rocky of newspapers, here's a guy on the ropes, beleaguered, down on his luck and facing a catastrophe that puts everything he is and has built at stake.

But, instead of capitulating to the conventions of contrition and defeat he comes out swinging, taking on the odds and turning crisis into opportunity.

His company may be riddled with crisis, his notion of a newspaper launch too premature (or too late) but his ability to write his own myths is still undimmed

## Silver linings

*Singin' In The Rain* (which I review in this paper) is set in 1927, at the birth of the Great Depression, and became a film classic in the early '50s, in a world still cleaning up after the war.

Little surprise then if it turns out that its bright colours and cheery smiles turn out to be a hit in another era of grim austerity.

## Listmania Denzel Washington

Denzel Washington is back on our screens in *Safe House*. We pick our favourite five films from his wide-ranging canon

1

### Crimson Tide

Washington plays Lt Comm Ron Hunter who must take on a headstrong sub captain played by Gene Hackman in a claustrophobic and high stakes battle of wills.

2

### Man On Fire

Washington, in a dark and unexpected role, plays a clapped-out bodyguard who finds redemption in his quest to recover a young girl kidnapped in Mexico.

3

### Training Day

With a streetwise script and tight action, this role as a corrupt police officer working his patch brought Washington an Oscar.

4

### The Book Of Eli

In this post-apocalyptic tale, Washington's Eli has to fight his way across America to protect the secret to saving mankind.



5

### Philadelphia

A breakthrough film about AIDS saw Tom Hanks steal the glory, but Washington's small-time homophobic lawyer brought an extra dimension to an Oscar-winning film.

## WORKING MUM

By Tabitha Ronson

### What are the chances of me joining in?

In a bolt out of the blue, my boss passed over one of her "valued" clients to me on Monday.

I have no idea why, but my suspicion is that it's a carrot very similar to the recent honorarium she awarded me to keep me on side.

Whether it works or not is still undecided but the glimpse of this wealthy world is a reminder that wealth is no bad thing.

I've never quite understood what classifies as valued in the rarefied echelons of my boss's world – I do now.

"It's the experiences that money can't buy – only in this case as long as they have the cash, they can," guffawed my handover client.

I wasn't quite sure whether to laugh or cry as I listened to the bespoke VIP hospitality this client organised for his clients.

His latest "package" – "there's probably only about 20 people in

the world who can afford it," he mused – featured a private jet to Dubai; a stay in The Yas hotel's penthouse, and a spin in a Formula 1 racing car around the Yas Marina Circuit F1 race track.

A Boy's Own adventure. So far, so affordable for your average CityBoy, I thought. But then he dropped the 24 carat gold nugget, the money-can't-buy extra.

The pixie dust that turns the ordinary (OK, in this case the not-so ordinary) into the extraordinary – celebrity!

As part of this platinum experience, his clients would get the opportunity to be the passengers in F1 cars driven by top F1 racing drivers – "I know a few of the F1 guys," he casually dropped into the conversation – in a private race organised solely for this hospitality.

My life is so small. I had to ask. "And what would these people be looking to pay for this type of experience?"

He looked at me and simply smiled: "Enough."

Yes, I now understand the meaning of "valued" client. *Working Mum, hoping Frigyes Karinthy's concept of six degrees of separation really works and that just by knowing somebody who knows somebody who possesses the genie's lamp of good fortune, it may rub off on me. One can only dream...*



Join in the debate online via our Twitter and Facebook sites or add your comment at [wharf.co.uk](http://wharf.co.uk) updated every working day with breaking news and views





# the Road

With one eye on the speedo and the other on the open road



## ROAD TEST

# Grace and speed meld

Jaguar XF offers all the latest technology and has equally precise handling

Malcolm Robertshaw  
The Wharf

When Jaguar's founding father William Lyons first coined the phrase "grace, space and pace" to describe his creations made at Browns Lane, Coventry, in the '50s little did he know what changes lay ahead.

Diesel power, for example, did not arrive until 2003 when the X-Type took on board a two-litre, four-cylinder oil burner. Now, Jaguar has pressed the pedal even harder to accelerate further progress in new technology, having adopted a stop-start fuel saving system in its latest XF 2.2-litre diesel model.

I drove the £49,950 XF three-litre Diesel S Portfolio however, which, apart from the omission of stop-start,



The Jaguar XF three-litre S Portfolio delivers precise handling

houses almost all of the bells and whistles currently known to man.

The list of features includes the likes of dual zone automatic climate control and electric seat adjustment for driver and front passenger.

But it's on the road where this Jag comes alive. Press the start button to fire her up and the sequential

gearshift rises smoothly out of the centre console. The 0-60mph dash can be completed in under six seconds and there is some quite decent combined fuel economy of around 44mpg.

Extremely responsive power steering provides top handling and computerised damping delivers precise control in all conditions.



Mazda's mid-sized saloon concept is designed to be highly efficient

## CONCEPT

### Takeri show firm's direction of travel

MAZDA will unveil its Takeri concept car for the first time in Europe at next month's Geneva International Motor Show.

Billed as a next-generation mid-sized saloon featuring the marque's new i-ELOOP regenerative braking technology, the model offers a taste of the firm's future direction.

The braking system converts

kinetic energy to electricity during deceleration and stores it in an electric double-layer capacitor.

The power is used to run the vehicle's electric components, thereby reducing the load on the engine and increasing fuel economy by up to 10 per cent.

Mazda said the system delivered outstanding fuel economy at no cost to performance or comfort.

The Takeri also features Mazda's Skyactiv-Drive diesel engine with fuel-saving i-stop technology and six-speed Skyactiv-Drive automatic transmission all designed to improve efficiency.

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www.romfordmazda.co.uk

The official fuel consumption figures in mpg (l/100km) for the Mazda Range: Urban 21.4 (13.2) - 56.5 (5.0), Extra Urban 37.7 (7.5) - 76.3 (3.7), Combined 29.4 (9.6) - 67.3 (4.2). CO<sub>2</sub> emissions (g/km) 224 - 110.

Retail sales only on selected Mazda stock across the range, subject to availability at participating dealers only on Mazda2 and Mazda3 vehicles registered between 1 December 2011 and 29 February 2012. Mazda6 sales are subject to availability at participating dealers only on Mazda6 vehicles registered between 1 December 2011 and 29 February 2012. The 0% VAT saving excludes road tax, first registration fee, dealer fitted and factory fitted options, VAT at the current rate of 20% still applies to the discounted price. The 0% APR available on Mazda Conditional Sale with minimum deposit required: Mazda2: 50%, Mazda3 and Mazda6: 50%. Finance subject to status, terms and conditions apply. Actual APR may vary. Example APR for Mazda2 1.6 5dr Sport: £17,955. VAT saving £2,456. Mazda3 1.6 5dr Sport: £17,955. VAT saving £3,451. Mazda6 2.2 5dr TS: £21,815. VAT saving £3,607.50. Models shown feature optional mica paint (£460). Mazda3 model shown features pearllescent paint. \*Test drives subject to applicant status and availability. Details correct at time of print.



# Images



1

A vehicle tries to pass through a road destroyed by an earthquake in central Philippines.

REUTERS  
Erik De Castro  
PHILIPPINES

2

A Hindu holy man in Uttar Pradesh

REUTERS  
Adnan Abidi  
INDIA

3

Japanese college students watch a cheerleader wishing their success in job searching in Tokyo

REUTERS  
Kim Kyung-Hoon  
JAPAN

4

Children play in Old Sanaa city, a Unesco World Heritage site

REUTERS  
Khaled Abdullah  
YEMEN





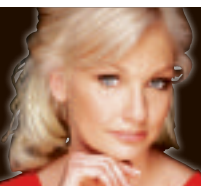
# Take 5

Keep your brain ticking over with our selection of coffee break puzzles



## Stars

With Claire Petulengro



### AQUARIUS

JAN 21-FEB 19

For more call 0905 817 2070

No matter how hard you try, you can't seem to stop the past from creeping into your mind. Phone calls and texts received today should help you move on.

### PISCES

FEB 20-MAR 20

For more call 0905 817 2071

A good time for sorting out home affairs. You've been ignoring what was going on in front of your eyes. Now you'll have no choice but to make a decision.

### ARIES

MAR 21-APR 21

For more call 0905 817 2060

Neighbours appear to have a special significance. It's a good time for planning some entertainment in your own home or for meeting up with friends.

### TAURUS

APR 22-MAY 21

For more call 0905 817 2061

If you're feeling restless, try to join in more of the activities in your surroundings. Friends and family are beginning to think you don't like them.

### GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

It's hard to make that first move but do, and it will be easy to take the second. Your self confidence has taken a knock but events promise to remedy this.

### CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

Financial problems cast a cloud over what should be a happy time. You're a strong sign so don't pretend otherwise. Go to the source of the problem.

### LEO

JULY 23-AUG 23

For more call 0905 817 2064

Don't rush into new commitments or you're likely to regret it later. An obstacle which has been in your way for some time is removed – but go steady.

### VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

Your social life appears rather quiet and this is a good opportunity to focus on matters of a financial nature. You can't hide forever. Get out right now.

### LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

There appears to be more scope for you to try out your own ideas. Don't be afraid to dream as this is a time when the impossible becomes possible.

### SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

A break is indicated from a close one. You're getting the space you asked for last month but now you're not so sure that you actually want it. Just relax.

### SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

Younger faces appear to take up more of your time than usual. Be careful not to burn the candle at both ends. You're going to need all of your energy.

### CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

Keep as much money in reserve as possible. You'll be needing it sooner than you think. You've done a lot of growing and it's about to have an effect.

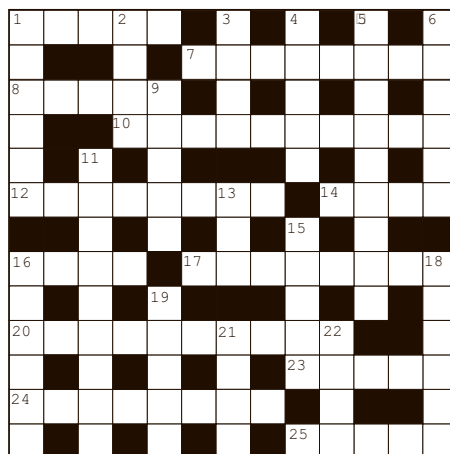
## Face in the crowd



Are you this week's Face In The Crowd? Each week we send our snapper out onto the estate to capture a face who wins a meal at Curve restaurant at the Marriott West India Quay. If you are this week's Face, phone 020 7510 6055 for instructions on how to claim your prize



## Crossword



### ACROSS

1. Harvests (5)
7. Railway coach (8)
8. Relating to tone (5)
10. Oppressively constant (10)
12. Set in motion (8)
14. Judge or consider (4)
16. Meshes (4)
17. Impose limits on (8)
20. Delightful (10)
23. Horseman's spear (5)
24. Occasion for celebration (8)
25. Tree sap (5)

### DOWN

1. Eye membrane (6)
2. Fruit (4)
3. Rescue (4)
4. Veracity (5)
5. Self-service restaurant (9)
6. Cargo thrown overboard (6)
9. Depart (5)
11. Without nationality (9)
13. Match in a knockout competition (3)
15. Play for time (5)
16. Fall asleep (3,3)
18. Adjust a radio (4,2)
19. Pungent (5)
21. Saracen (4)
22. Facility (4)

ACROSS: 1. Reaps; 7. Carriage; 8. Tonal; 10. Relentless; 12. Activate; 14. Deem; 16. Nets; 17. Restrict; 20. Delightful; 23. Lance; 24. Festival; 25. Resin. DOWN: 1. Retina; 2. Pear; 3. Save; 4. Truth; 5. Cafeteria; 6. Jetstream; 9. Leave; 11. Stateless; 13. Tree; 15. Stall; 16. Nod off; 18. Tune in; 19. Arab; 22. Ease.

## Sudoku

### EASY

5			7	1	2			3
					6	5		
	1	9	4			8		
7	4		2		9	3		5
8								6
1		5	6		4		8	9
		1			7	2	6	
		8	5					
9			3	6	8			4

### HARD

7			3	4				8
	4					7	6	
	8			9	7			5
					9			3
		9				8		
6			2					
8			4	7			3	
	6	2					1	
5				2	1			9

### GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

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The Wharf's Sudoku puzzles are supplied by [sudoku-puzzles.net](http://sudoku-puzzles.net)  
For more free brain teasers including Futoshiki, Nonogram and Samurai, go to the website

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## Public notices

SPECIAL  
TREATMENT  
LICENCES

NOTICE IS GIVEN that Jaiminey Patel, Wendy Hay, Jigna Soni, Anu Thapa, Roma Satchania and Maayan Cohen have applied to the London Borough of Tower Hamlets for Threading, Tinting, Lash Extension, Lash Perm, Head Neck & Shoulder, Eye Soother, Rose Facial, Manicure and Pedicure Licences for the premises Blink Brow Bar Ltd, 34 North Colonnade, Canary Wharf, London, E14 5HX. Anyone wishing to oppose the application must give notice in writing to David Tolley, Environmental Health Commercial Service Manager, Mulberry Place (AH), PO Box 55739, 5 Clove Crescent, London E14 1BY **WITHIN THREE WEEKS** specifying the grounds of opposition. Persons objecting to the grant of a licence must be prepared to attend in person at a hearing before a Committee of the Council.

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## Recruitment

the Wharf

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# Digest 2012

## Security

### Reservists called up to meet 'challenge'

RESERVISTS are being called up for the Olympics for the "biggest security challenge this country has faced for decades," according to Defence secretary Philip Hammond.

Some 2,100 personnel would be activated to help ensure the Games are safe, according to the Government.

They will form part of 13,500-strong military contingent on duty during the busiest times.

## Celebrities

### Spice Girls reunion talk ends in denial

THE SPICE Girls are reforming to sing at the Olympics in the summer – or not. It depends on which of the five you talk to.

Mel B, pictured, hinted that a reunion was not out of the question but two of her bandmates have ruled out another outing. Victoria Beckham and Mel C said they had turned down an invitation.



## Commercial

### Dow will remain a sponsor, says IOC

DOW Chemicals will remain a sponsor of the Olympic Games despite protests in India over the company's connection to the Bhopal gas leak tragedy that claimed tens of thousands of lives.

The International Olympic Committee said its relationship with Dow was over 30 years old.

Dow bought out Union Carbide 16 years after the tragedy and after a compensation deal was agreed.

## Media

### BBC unveils plans for 3D coverage

THE BBC has detailed its plans for 3D broadcasts of London 2012 – and fans of the technology may feel a little short-changed.

The Beeb plans to offer live 3D coverage of the Opening and Closing ceremonies and the 100m final as well as a daily highlights package.

The BBC's Roger Mosey said: "Our main standard-definition transmission will be on BBC One, the HD simulcast will be on BBC One HD and then the 3D version will be on the BBC HD Channel."

## Face time

### Helen Jenkins

■ **Sport:** Triathlete

■ **Biography:** Born March 8, 1984 in Scotland but carries the Welsh flag. She lives in Bridgend and is married to her coach, Marc.

■ **Form:** Wins in the world championship series and at the Olympic test event are ideal preparations. Her running will be key in a flat course.

■ **Sporting dates:**

2006: British Triathlon champion.

2008: 21st in the Beijing Olympics.

2009: Ends year ranked fifth.

2010: British champion and ranked fourth in the world.

2011: Wins the Olympic test event in Hyde Park and becomes ITU world champion.

■ **She says:** "I trained in Lanzarote again in January. I enjoyed the training and, as it was a sporting complex, there were always people to train with, including four members of the British team."

■ **Olympics:** "I've got the potential to win gold at the 2012 Olympics if I get a good winter's training in and stay injury free but triathlon is unpredictable and the favourite doesn't always win."



World Triathlon Champion Helen Jenkins at the Serpentine last week as she toured the London 2012 Olympic course in London before flying to Sydney next month as part of her training and competing schedule

## NUMBERS

# 2

Bounces allowed in wheelchair tennis

# 1,500,000

Tickets still available for football tournament

# 75

Percentage of tickets sold to general public



## The colour of art

Crayon-shaped sculptures lining the course of the Waterworks River have become the first artwork to be completed on the Olympic Park. Steles by Hackney-based artist Keith Wilson, comprise a long line of 35 brightly coloured pillars rising directly from the tidal waters.

## OmG

■ The "anonymous complainant" who destroyed West Ham's bid for the Olympic Stadium has been revealed as architect Steve Lawrence, who has links to the Games project.

Speaking for the first time about his concerns over £40million "state aid" from Newham Council, he said: "If it had been shown subsequently to be illegal then West Ham would have had to repay the subsidy."

"If that had happened they would have been homeless and we would have lost one of our precious English football clubs."

## Sport is not a panacea for all ills

Lord Coe on the need to encourage "social change at a sensible rate", referring to gender discrimination



■ Just welled up at ad for the Olympics! Note to self: get a grip!  
@victoriaclowes

■ 8,000 Londoners are donating their time to make #Olympics a success while London's rail companies will pocket £230,000.

@MayorWatch

■ Clearly a new fashion has hit Canary Wharf! Lots of tracksuits with Olympics and Great Britain written on them.

@thebanker2003



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## Sport

# Large crowd will bring out the best in us, says Hamer

## CHARLTON

Rob.Virtue  
@wharf.co.uk

CHARLTON goalkeeper Ben Hamer said his side would be buoyed by the big crowd at The Valley on Saturday.

The Addicks are hoping to sell out the home areas against fellow promotion chasers Stevenage due to a £5 ticket promotion. Hamer believes it will create for the kind of atmosphere the players thrive on.

"There were 15,000 there tonight but it's big stadium to fill," said Hamer after the 1-1 draw with Rochdale on Tuesday. "You need a lot of voices to produce an atmosphere."

"We've had big crowds here earlier in the season, like against Chesterfield where we put on a good performance, so if the fans really get behind us on Saturday it will give us a lift and hopefully we'll produce a great show for them."

Stevenage provide tough opposition and are one of only two teams to have beaten Charlton in the league this season. In that 1-0 defeat, Stevenage drew criticism for their physical style. However, Hamer said he and his teammates were not looking for payback.

"We won't be looking to get revenge, we just want three points in every game we play," he said. "Stevenage are another team on a fixture list we want three points from. They beat us earlier in the season fair and square."

Boro are in strong form having scored 15 goals in the last six away games. Currently sitting in sixth they have defied critics' expectations and Hamer said his team would have to show them respect.

"They are a physical side," said



Goalkeeper Ben Hamer in action

Hamer. "Some teams use their physical attributes and one of those is Stevenage."

"They are strong, resilient; they don't concede a lot of goals and that's down to them being organised. They'll make it difficult but we've got enough quality in our attacking ranks to score goals so we'll be looking to get back on form."

Hamer was disappointed after drawing against Rochdale despite going 12 points clear of third-placed Sheffield Wednesday with a game in hand.

"We didn't play great tonight and feel the frustrations of the supporters. We set ourselves better standards than that," he said.

"We lost [Chris] Solly late doors before the game, which is a massive blow. He's been a big part of our season so far and going forward he's a threat."

## Boxing

### Haye trainer rules out Chisora fight

THE trainer of Bermondsey boxer David Haye, pictured, has ruled out a meeting of the former world champion and arch rival Dereck Chisora.

Adam Booth insists Haye is only interested in coming out of retirement to face one of the Klitschko brothers.

His announcement follows Haye and Chisora's very public brawl in Munich.

"David is still retired," Booth said. "He has no plans to fight again."



Tom Daley at the Aquatics Centre in the Olympic Park

## Diving

### Daley jumps into World Cup event

THE Olympic Aquatics Centre hosted its first competitive diving as the Fina World Cup got underway on Monday in Stratford.

With just five months to go until the Games, the venue had its first real test as the event kicked off on Monday with stars including Tom Daley taking part.

Monique Gladding moved a step closer to a dream first Olympics after winning through to Tuesday's semi-finals of the women's platform.

## Athletics

### Farah confirmed for indoor meet

NEWHAM runner Mo Farah has been confirmed in a 39-strong Great Britain squad for next month's World Indoor Championships in Istanbul.

The world 5,000m champion was a doubt to take part in the 3,000m in Turkey, having lost over two miles on Saturday.

Farah, who was beaten into second by Eliud Kipchoge at the NIA, said after the race: "I'll have a chat with my coach. We'll just see how it goes. I don't know what he will say."



# Praise for velodrome as Hoy grabs gold

## CYCLING

Praise for venue and a table-topping performance by GB sets scene for Games

Giles.Broadbent  
@wharf.co.uk

THE Olympic Velodrome has been praised by riders as the UCI Track Cycling World Cup saw Britain break two world records and take victory with a haul of seven medals, including two golds for Sir Chris Hoy.

The atmosphere created by the thousands of fans who filled the Stratford venue was labelled "incredible" by British rider Geraint Thomas with the Velodrome track hailed as "really fast" by Canadian athlete Tara Whitten and "a wonderful track to ride on" by Britain's Victoria Pendleton.

The two world records fell to Joanna Rowsell, Laura Trott and Dani King in the women's team pursuit and Pendleton and Jess Varnish in the team sprint.

The atmosphere stayed electric when Sir Chris won his second gold medal on Sunday in the men's sprint following his win in the Keirin.

He said: "I'm really pleased – more than the actual result is the way I rode. I've been making mistakes in the sprint recently but I only made one today. So, I see this as an important step for the Olympics."

"I didn't expect to win two gold and a bronze. This is the best I've been since Beijing, there's no question."

Pendleton said: "It's been a positive learning experience for us. That's what we set out for it to be. I didn't want to put high expectations on myself; mind you it's nice to win."

"But it's not easy to deal with when you're not in peak condition. Next time I come back here, hopefully I'll be in much better shape and show them how it's done."

As well as being a World Cup and the penultimate qualifier for the Olympics, the event was key to testing London 2012 operations ahead of the Games.

Locog director of sport Debbie Jevans said: "It was thrilling to see the Velodrome in full-swing with fantastic sport, thousands of spectators and a live TV audience."

"This has given us a glimpse of the atmosphere and excitement we can expect in the Velodrome this summer."

Ed Clancy, Great Britain team rider said of the Velodrome: "The place was alive in there, it was pretty special. We've never experienced an atmosphere like that and I am sure the low roof helps."

# 10-man Hammers

## WEST HAM

Giles.Broadbent  
@wharf.co.uk

WEST Ham returned to the top of the Championship on Tuesday night – and manager Sam Allardyce could scarcely conceal his delight.

The team's convincing 4-1 win at Blackpool was secured despite spending much of the second half with 10 men after Robert Green's dismissal.

At 2-1 and with no substitute goalkeeper on the bench midfielder Henri Lansbury took the gloves and kept the visitors at bay while Gary O'Neil and Ricardo Vaz Te scored their maiden goals at the other end.

Allardyce said: "I can't imagine how the lads feel as they're so excited about the result and what they've achieved."

"The thousands of West Ham fans who were here must have seen one of the finest West Ham performances they've ever seen in the entire time they've been watching West Ham United."

"To win as we did and the way we played against all the odds was magnificent."

"Nicky Maynard might have made it even more so we didn't just defend correctly with 10 men we just took them apart when we had the opportunity with some fantastic finishing."

Lansbury's clean-sheet performance is likely to go down in West Ham

## WEEKEND FLUTTER

WITH THE

RACING POST

## HORSES

■ A look ahead to the Cheltenham Festival, which is now just under three weeks away and the Neptune Investment Management Novices' Hurdle looks wide open. The Alan King-trained Batonnier looks excellent each-way value. He has improved 22lb since the start of the year and the thoroughly progressive six-year-old looks sure to shake up those who head the ante-post market. He loves Cheltenham, goes on any ground and looks like a good bet at 16-1.

## FOOTBALL

■ Arsenal have suffered two successive heavy cup defeats and Sunday's visit by north London rivals Tottenham could not come at a worse time for the demoralised



Tottenham are 10 points clear of Arsenal in the Premier League

Gunners. Spurs are 10 points ahead of Arsenal in the Premier League standings and won the reverse fixture 2-1 in November as well as triumphing 3-2 at the Emirates last season. They look top value at 15-8.

For daily expert advice, top tips and the latest news from our experts go to [racingpost.com](http://racingpost.com)

GETTY





Above, Gold medallist Chris Hoy celebrates beating Germany's Maximilian Levy in their men's sprint race final. Below, Victoria Pendleton rides as Willy Kunis of the Netherlands falls in the background in the Women's Keirin semi final



## nail return to top spot



West Ham keeper Robert Green brings down Roman Bednar

folklore as he showed some assured handling and solid command of his area during his 42 minutes in goal. "He's an outfield player who had a very accomplished game in goal

today. There weren't many good chances created by Blackpool because of the quality of our defending but he did the basics brilliantly – the kicking and the handling – and he got a great reception from the fans."

Meanwhile, the extent of the Hammers' ambitions were revealed this week when co-chairman David Gold said they had made loan approaches for out-of-favour superstars Fernando Torres and Carlos Tevez during the January transfer window.

He told the BBC: "We couldn't have afforded to pay all his [Tevez's] wages but we would have done a deal. We would love to have taken him for the rest of the season."

"We had two irons in the fire. If we'd pulled one off it would have been exciting but it wasn't to be."

## THE FANS' ROAR

By Ian Toal



## Time to return to the battle

After Saturday's 2-0 defeat at home to Bolton in the FA Cup we now have to concentrate on the league and Championship survival. Before the match against the Premier League strugglers there was talk of us getting stuck in from the off and how nice it would be to put them under pressure with an early goal.

Unfortunately the exact opposite happened as our skipper Paul Robinson conceded a free kick and Ryo Miyaichi netted with ease in just the third minute of the game.

We gave it a good go, had plenty of possession and the corner count was nine to one in our favour but a second mistake on 59 minutes put the match beyond us as the otherwise excellent Shane Lowry miscued a clearance, Bolton picked up possession and David Nkog netted from the edge of the area.

Again there was no lack of effort from our team, but the quality was lacking.

I'm not sure that Kenny Jackett got the team selection



Sam Ricketts of Bolton and Andrew Keogh of Millwall battle for the ball

right either by starting the game with so many attacking players.

After a couple of minutes young striker Harry Kane was switched to a holding midfield role.

He did a decent job there but with Josh Wright on the bench who naturally plays in that position Jackett should have started with Wright.

Before the game the history of our club and the important link with the dockyards of yesteryear was celebrated in our annual Dockers Day. Old Dockers were treated to a VIP Day at The Den and presented to the crowd.

They also got to meet one

of our successful old teams as the Division Four championship winning team from the 1961-62 season were guests.

It's amazing to think that 50 years have passed since they brought success and enjoyment to our supporters. ■ We travel to Burnley on Saturday hopeful that the team will put in a good performance matching our effort in our last away game against Brighton.

Maybe playing away from home will help us a bit as we can hit the opposition on the break – they will have to come at us a lot more than they did earlier in the season at The Den.

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